1. My parents were athletes in high school, and they currently still work out often just to stay in shape. My parents were always big on physical health and fitness, making sure I stayed active regardless of whether it was sports, or it was staying on my feet having fun outside. My parents are both hard-working productive people so being lazy growing up wasn't an option. The way they structured my childhood has definitely influenced me in how much I am physically active now.

2. I had many physical activities growing up. My parents put me in pretty much everything they could that I liked. From karate, football, basketball, and track. I was always an active child growing up. My childhood was fun because every sport I played I genially liked to play. Since each sport had its own mechanics, and different procedures on how to play them individually. Which taught me diverse life lessons and how to go about things in life differently with different approaches. I love football because I could be a brute and swift playmaker. I love basketball because you must be a more team-oriented player in the present moment to win, so I could be a brute and swift playmaker but also make plays for my teammates as well. Lastly, I loved track because it focuses on mental fortitude and pace because track is like a marathon and a race in the same setting.

3. I like the physical activity opportunities at our school. I am a gym guy so I'm always using the equipment in all our facilities whether it's the weight rooms, treadmills, or the training rooms. Our facilities are nice and dynamic, so I get to work on everything I need to work on as an athlete.

4. The physical activity infrastructure in my hometown was nice. I was a part of the class that received a hometown makeover in our school district, so I was one of the many students that first got to experience and be involved with our new facilities. After they were constructed. So, that was a great experience with all the cool upgrades we got. My hometown is Huntsville, AL.

5. Yes, I believe the best way to continue my participation well into your thirties or even forties will be to just be myself. Keeping chasing my dreams and hard work. I feel as if I'm a natural student of the game, so regardless of how high I get success wise in my career. There will always be opportunity to get better and grow as not only an athlete but as a person as well.